

AMAZING BUT TRUE

A TREAD ABOVE THE REST

Ultrarunner David Deubelbeiss sets a treadmill running record

In January, 40-year-old Canadian David Deubelbeiss earned himself a spot in the record books by setting a 24-hour treadmill distance running record: 130.82 miles, or just short of 5 standard marathons.

HOW THE IDEA

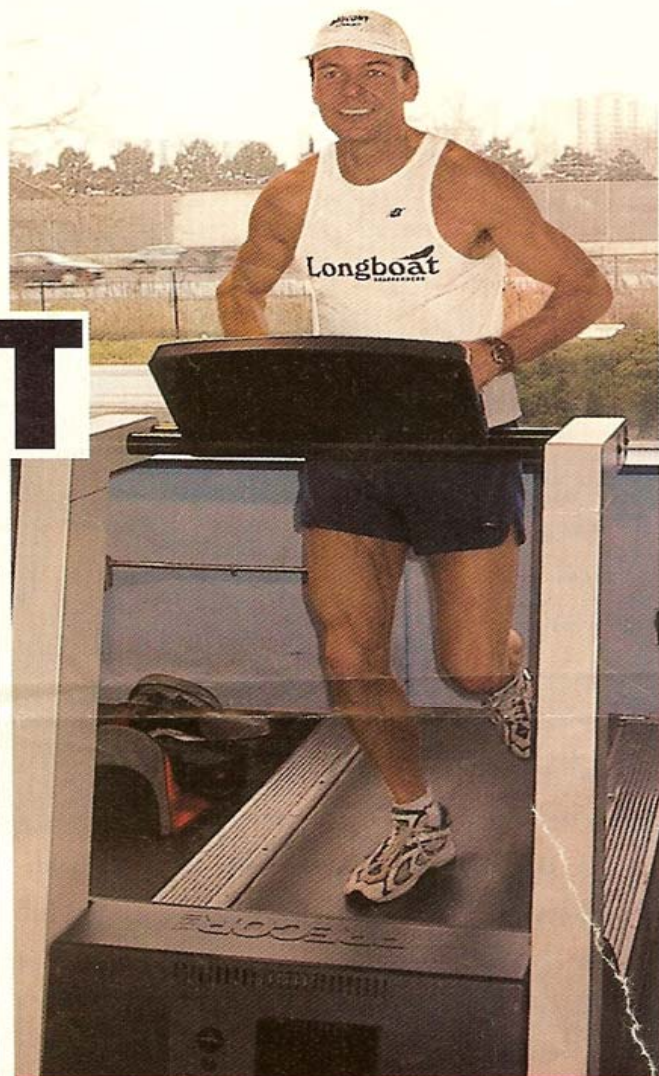
SURFACED: Deubelbeiss got the idea while laughing with some friends over beer and tortellini after the 2002 U.S. Masters Cross-Country Championships. For days afterward he considered the idea more seriously, until finally his mind kept repeating, "You can do that, you can do that."

HIS TRAINING: An accom-

plished marathoner and ultrarunner, the 5' 11", 165-pound physical education teacher prepared himself for the "pain" (as he puts it) by running ultra races and training on a rowing machine as often as 6 days a week. "I think the rowing really made the difference," he says. "It helped strengthen every muscle in my legs, and it's just a great sport that works the whole body."

PROBLEMS HE

ENCOUNTERED: "I had stomach problems the first 3 to 4 hours," says Deubelbeiss. "I overate and took in too many calories." After that it was the treadmill itself that needed



RUN DAVE, RUN: Only 12 hours to go.

MIKE TURNER

The Right Stuff

Here's what Deubelbeiss used/consumed in 24 hours of treadmill running:

- 2 pairs of Saucony Jazz running shoes
- 4 pairs of socks
- 8 ibuprofen tablets
- 10 liters of Eload (electrolyte drink)
- 10 liters of water
- 20 Carb Xcelerator drinks
- 12 to 14 sodium-replacement tablets
- 3 caffeine pills
- 1 tube of Cold Ice Gel for sore muscles
- Lots of Vaseline
- A handful of bananas, PowerBars, and chocolate chips
- 1 ice-cold beer (Czech Budvar)

fueling. "At 14 hours, the treadmill just died," he says. "I had to hop onto another one. At that point I felt like I was running in mud—the new treadmill had a totally different feel. My mood changed, and I wanted to hit someone."

STAYING MOTIVATED:

Since the event was filmed, covered by local media, and attended by plenty of spectators, the attention kept Deubelbeiss going. Another big help: a "special someone dear to his

heart." He says: "Love is the greatest of motivators."

PAIN AND THE DAY

AFTER: While he admits to some foot and quad pain, he says only blisters kept him from running the next day. Instead, he started a new job and moved into a new apartment.

AGAIN? "You bet I'd do it again!" exclaims Deubelbeiss. "Life is for the living. It was a joy. Maybe next time I'll try for twice the joy—48 hours!"

Pre Reading Questions

1 mile = 1.6 kms

1. How far do you think a person can run in 24 hours? _____miles _____kms
2. How far do you think you can run in 24 hours? _____miles _____kms
3. How far have you run at one time? _____miles _____kms
4. What problems do you think a person will have when running 24 hours?

_____, _____, _____,
_____, _____, _____,

1. Finish the Question: (Did)

- A) How far _____?
- B) How long _____?
- C) How often _____?
- D) What problems _____?
- E) When _____?
- F) Where _____?

2. Vocabulary Matching

- | | |
|------------|-----------------|
| quad | running machine |
| media | feeling |
| calories | sport on water |
| setting | people watching |
| rowing | newspapers, TV |
| treadmill | running machine |
| mud | wet earth |
| spectators | food energy |
| blisters | put in place |
| mood | top of the leg |

Expressing Ability



strength	can	discovered	how	
at	know	good	able	could

1. I _____ do anything I put my mind to.
2. I can walk on walls. I have super _____, super agility.
3. See? I told you I _____ do it. I made her fly, Nicky. I made her fly.
4. I _____ that I could blow a balloon with my nose when I was seven years old.
5. I know _____ to read and write.
6. We _____ how to behave on flights.
7. I'm good _____ basketball.
8. Luckily, I was _____ at maths and science, too. My job combines both art and engineering.
9. When the dishes were served, I was _____ to smell the spices.